

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Beta-sitosterol (mg)

Food Groups: Nut and Seed Products  
Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: 100 g  
Report Run at: November 06, 2015 19:35 EST

NDB_No	Description	Beta-sitosterol(mg) Value Per
12201	Seeds, sesame seed kernels, dried (decorticated)	232.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	210.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	210.00
12151	Nuts, pistachio nuts, raw	198.00
12540	Seeds, sunflower seed butter, with salt added	170.00
12040	Seeds, sunflower seed butter, without salt	170.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	145.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	145.00
12147	Nuts, pine nuts, dried	132.00
12195	Nuts, almond butter, plain, without salt added	131.00
12695	Nuts, almond butter, plain, with salt added	131.00
12061	Nuts, almonds	130.00
12063	Nuts, almonds, dry roasted, without salt added	122.00
12563	Nuts, almonds, dry roasted, with salt added	122.00
12586	Nuts, cashew nuts, oil roasted, with salt added	119.00
12086	Nuts, cashew nuts, oil roasted, without salt added	119.00
12565	Nuts, almonds, oil roasted, with salt added	118.00
12065	Nuts, almonds, oil roasted, without salt added	118.00
12665	Nuts, almonds, oil roasted, lightly salted	118.00
12142	Nuts, pecans	117.00
12154	Nuts, walnuts, black, dried	115.00
12087	Nuts, cashew nuts, raw	113.00
12062	Nuts, almonds, blanched	109.00
12121	Nuts, hazelnuts or filberts, blanched	108.00
12131	Nuts, macadamia nuts, raw	108.00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	103.00
12120	Nuts, hazelnuts or filberts	102.00
12644	Nuts, pecans, oil roasted, with salt added	96.00

NDB_No	Description	Beta-sitosterol(mg) Value Per
12144	Nuts, pecans, oil roasted, without salt added	96.00
12220	Seeds, flaxseed	90.00
12155	Nuts, walnuts, english	87.00
12143	Nuts, pecans, dry roasted, without salt added	78.00
12643	Nuts, pecans, dry roasted, with salt added	78.00
12078	Nuts, brazilnuts, dried, unblanched	64.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	13.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	13.00